

Swimming Practice
Thursday, November 7th

- Objective:
 - Learn Underwater Body Dolphin
 - Establish Body Position Kicking
- Build a Base:

	Group 1 and 2	Group 3	Group 4
		4-min Swim, alt 50 free, 50 choice (300 yards)	3-min Swim, alt 50 free, 50 choice (200 yards)
		Streamline and kick (100 yards)	Streamline and kick (100 yards)
		Body Dolphin Progression (200 yards)	Body Dolphin Progression (200 yards)
6:50 to 7:05	Body Dolphin Progression (400 yards)	Test Set <ul style="list-style-type: none"> • 5 x 100 Free with 10 secs rest between 100s. • Get a single time for complete set (500 yards) 	Test Set <ul style="list-style-type: none"> • 6 x 75 Free with 10 secs rest between 100s. • Get a single time for complete set (450 yards)
		Body Dolphin Progression (300 yards)	Body Dolphin Progression (300 yards)
		8 x 25 streamline then hard kick (to entire way underwater if you can) (200 yards)	6 x 25 streamline then hard kick (to entire way underwater if you can) (150 yards)
		8 X 25 on :40 (200 yards)	6 X 25 on :45 or :50 (150 yards)
		1,650 yards	1,600 yards